



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dill

Back in the day it was believed that dill had magical powers and could save you from both witchcraft and nightmares! Nowadays we know dill is great to calm the digestive system among its many other benefits.



1 Salmon with Sorghum Dill Salad

Salmon fillets roasted with honey purple carrots, tossed in a salad with sorghum, ribbons of zucchini, and a dill and lemon dressing.

 30 minutes

 4 servings

 Fish

26 November 2021

Switch it up!

If you want to change up the dressing for this salad, try adding 2 tbsp natural or greek yoghurt.

Per serve: **PROTEIN** 38g **TOTAL FAT** 26g **CARBOHYDRATES** 48g

FROM YOUR BOX

SORGHUM	1 packet (200g)
PURPLE CARROTS	2
SALMON FILLETS	2 packets
LEMON	1
ZUCCHINIS	2
DILL	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, lemon pepper

KEY UTENSILS

saucepan, oven tray

NOTES

Salmon is delicious when cooked on the BBQ if you prefer. Flake and add to the salad, or serve whole with the salad on the side.

If you prefer your zucchini cooked you can cut it into crescents and add it to the roasting tray with the carrots.

No fish option - salmon fillets are replaced with chicken schnitzels. Heat a frypan over medium-high heat with oil. Cook chicken schnitzels for 4-5 minutes on each side or until cooked through.



1. COOK THE SORGHUM

Set oven to 220°C.

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15-18 minutes or until tender. Drain and rinse under cold water.



2. ROAST THE CARROT

Slice carrots (see notes). Toss on a lined oven tray with **oil, 2 tsp honey, salt and pepper**. Move carrots to one side of tray. Roast for 8 minutes.



3. ADD THE SALMON

Add salmon to tray. Coat in **oil, 2 tsp lemon pepper and salt**. Roast for 10 minutes or until salmon is cooked through and carrots are tender.



4. MAKE THE DRESSING

Zest and juice lemon. Add to a large bowl along with **1/4 cup olive oil, salt and pepper**. Mix to combine.



5. TOSS THE SALAD

Ribbon zucchinis and roughly chop dill (reserve 1/2 for garnish). Flake the salmon. Add to dressing along with sorghum and carrots. Toss until well coated.



6. FINISH AND SERVE

Divide salad among shallow bowls and garnish with reserved dill.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

